

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
EALTH · HAPPINESS and PLENTY

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Eternal life and strength are here, and I am made whole through Jesus Christ.

I am now conscious of the splendor of eternal omnipresent Spirit substance, and I see prosperity everywhere.

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AUGUST
1935

UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

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F. B. WHITNEY, *Editor*

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EXCELLENCE OF CHRIST

He is a path, if any be misled;
He is a robe, if any naked be;
If any chance to hunger, He is bread;
If any be a bondman, he is free;
If any be but weak, how strong is He!
To dead men life He is, to sick men
health;
To blind men sight, and to the needy
wealth;
A pleasure without loss, a treasure without
stealth.

—Giles Fletcher.

A PLEA FOR CHARITY

LORNA B. DEGINDER

Lord, when my brother makes mistakes
And I to judge am tempted,
Help me to realize that I
Know not what he attempted,
Nor do I know the frailties
Behind his error lying,
What stumbling blocks beset his path,
How hard he may be trying.

Keep me from viewing what he does
With smug, self-righteous frowning,
For I myself may fail sometime,
His greatest failure crowning.
Then I shall wish he might possess
A gift akin to blindness.
So give me, Lord, not tolerance,
But tender, Christlike kindness.

Grant me, I pray, that charity,
That loving understanding
To speak a word of hope and cheer,
Instead of reprimanding.

THE HOMING PIGEON

MODERN LIFE with its many and insistent demands presents what appears to be quite a problem, that of finding sufficient time to do the duties ever at hand. There are those who have a multitude of duties and only a few hours a day in which to perform them. If they are of religious temperament, they need to find time to pray. Quite often in the mad rush of a modern world prayer is forgotten or at least slighted.

Were we always to realize the power of prayer, were we to think of it as the means whereby we become fortified for the tasks and duties of life, it would always have a place in our daily program. Were prayer always recognized as essential, something not to be overlooked, we would always find time to pray.

The habit of the homing pigeon teaches us a lesson. Its main work appears to be flying and—flying home. It is never too busy to get its work done, never so rushed to fly that it does not take time to get its bearings. We see it rise above the earth, poise itself in mid-air as if waiting for some supreme intelligence to direct its flight. It is not too rushed to get home but that it must rest in mid-air and get its bearings. Once it has got these, its journey seems to be an easy one. Certainly it experiences nothing like perplexity. Whatever akin to mental poise and certainty the pigeon possesses now rules the bird's instinct and intelligence. It cannot be swayed to do the wrong thing.

Prayer helps us to get our bearings. The more we feel rushed, the less time we seem to have to pray the

more we need to get quiet and to let our tasks rest until we have our bearings. Mental poise and certainty must come to use before we can expect to handle our work with certainty and success.

Could we emulate the homing pigeon, could we but rise above what appears to be earthly discord and poise ourselves in heavenly consciousness, awaiting divine guidance and power, we should indeed feel that the time taken from work was well spent. And we can do so. All the creations of God are endowed with the power to identify themselves with God and share in His guidance and power. God gives to both birds and men the ability to turn to Him when in confusion and doubt, when weary and uncertain.

Man needs to cultivate the instinct of directing his thoughts homeward, heavenward. Whatever his duties, his heart should be centered in God. Whatever his tasks, his chief thought should be a thought heavenward. He should think of himself as somewhat like a diver who goes forth in an uncertain sea but who is always conscious and certain of the line that keeps him in touch with the ship, even life itself. Without this line he could not breathe. Were he to sever it, he would be entirely at the mercy of the unfriendly forces of the sea and have but a meager chance to survive.

Do you not see that we must keep our thoughts resting in God all the day long, even though to outward appearance we may seem to be thinking and doing things unrelated to God? Do you not feel that we must find time to pray, time to poise ourselves, even though in-

sistent demands claim our time? Do you not see that we must be like the homing pigeon, getting its bearings before it tries to perform its task; like the diver, conscious of the life line that connects him with safety and security?

Man needs to develop his instinct to be aware of God's presence, His guidance, power, and safety. Man needs to know that he is connected with God and that over the mystical track that carries his prayer to God comes back the answer and God's sustaining help. The instinct to turn homeward, heavenward, is almost dulled in man because things of the world so engross his attention. The instinct becomes more acute, man senses more sharply the intuitional power with which God has endowed him when he trains himself to think Godward. He finds that he has more and more power to draw upon God for help and strength as he continues to rely upon God.

The highly developed instinct of the pigeon appears to overshadow the intuition of many persons. Some birds and some animals seem to be almost superhuman in their instincts and have what man would consider almost psychic power. Man can develop his power to know what is the right thing to do, the right way to do it, and he can find strength to perform his task only through turning to God in prayer. Modern life demands much of his time, but he must find time to pray.

Those who set aside regular times for the silence and for prayer find that they do not need so much time for their daily duties.

WHEN WE STEADY THE ARK

SOME OF the quaint and powerful stories of the Bible come to us in this day with lessons that give solutions for present-day problems that startle us by the way they apply to our difficulties. We come to think of the Bible as having an answer to every question, a solution for every problem, a way out of every difficulty.

There is the story about those who carried the ark. They were instructed to bear it by the handles and told not to touch the sanctuary. Uzzah and his brother moved the ark with oxen. When the oxen stumbled, Uzzah, in disobedience to the command of Jehovah, tried to steady the ark. He touched the sanctuary and was struck down. The holy contents of the sanctuary were like a high-tension wire, too powerful for human hands.

How often when Spirit goes with us instructing us how to carry our burdens do we disobey! How often do we fail to see that the burden is in reality the Lord's and then try to help! Surely we do not compliment God when we think His shoulders are not broad enough for the load and that we must relieve him of that which we have already yielded to him. When we think that the Lord is in difficulty and that we must steady the ark for Him, we certainly get into trouble.

It would not be hard to find practical Christians who give their burdens to the Lord in prayer and then try to steady the ark for Him, persons who in disobedience try to get their own hands into the Lord's work. They who try to help the Lord get themselves into trouble. Those who try to figure out a way for the Lord to work, who

worry and scheme, thinking the Lord's extremity will call for their resourcefulness, find themselves in difficulty.

When you give your troubles and problems to the Lord, they become holy to him. He warns you not to touch the sanctuary by thought or act. Keep your hands off. The road may be rocky and the oxen may stumble, but do not try to steady the sanctuary for Him.

Are you an "ark steadier"? Do you give your affairs into the Lord's keeping and then lie awake all night trying to find the right way for Him to act? Do you feel that the Lord has so much to look after that you had better do the brain work for the two of you? Do you think that possibly the Lord has not noticed the stony road and that His affairs will be severely jolted if you do not put out your hand?

Do you know any modern Uzzahs, persons who are not content unless they have their hands in things? People who believe that prayer is effective in battle but that they must also keep their powder dry! People who believe the Lord will cure a headache but who think it best to keep an aspirin handy just in case——! People who think the Lord will provide for their every need but who consider it wise to pinch and scheme and be prepared for a rainy day when the Lord may not be so well fixed!

The ark steadiers feel they must be ready and handy just in case the Lord falls down on the job. They offer their prayer and tell the Lord how much faith they have in Him, then sort of watch from behind some curtain to

see if the Lord is getting discouraged or is at His wit's end.

We can see that God considers ark steadyng most unnecessary, in fact a mark of disobedience. When He tells us to leave His sanctuary alone, He does not expect or need the aid of human hands. When we give our affairs into God's keeping and they go into His sanctuary, powerful spiritual forces act upon them. We have to leave them alone. When we worry, we connect with the work that is going on and we get into more and more mental turmoil.

The lesson of ark steadyng shows us that we must be obedient when we are told to leave the sanctuary of the ark alone. We become imitators of Uzzah when we think that God needs to make use of our hands after we have given matters into His. When we give our affairs into God's keeping, our next step is to obey Him and to leave them alone. We are to go about our business just as if we have not a worry in the world.

Our seeming difficulties become such only when we try to help God out of what appears to be a difficult task. When we try to do His worrying for Him, when we think His work will topple over but for our rushing to His aid, when we think He is sort of absent-minded and not aware of what is being shaped into a calamity, when we just know that God is going to be bested and His best efforts thwarted if we do not lie awake all night trying to think of some possible solution for Him, we may be sure that we, like Uzzah, are disobediently trying to steady His ark.

"I AM FOR PEACE"

IF WE take our stand for peace, then we must view every situation from the standpoint of our consciousness of peace. The stronger the argument to sway us the stronger must be our stand for peace. David's words "*I am for peace*" must stand us in stead when even the world about us is arguing against peace. Whether the issue is one of international gravity or one of strictly a personal nature matters not. If we take the stand for peace, peaceful we must be.

The student of Christian psychology may find that in spite of his faithfulness to prayer and his meditations upon peace he is not always peaceful. In fact he may be surprised at times that insignificant situations are able to make him quite inharmonious in mind. He fails to recognize that he has become more and more mentally sensitive, that he is more responsive mentally to the condition of things of his world. His way out of the difficulty is to realize that through his consciousness of Truth and mastery he is master of the things of his world. Nothing can disturb him or take his peace from him.

If in your inner consciousness you declare your stand for peace, remain steadfast to your resolution. Handle all situations from the standpoint of peace. When an inharmonious situation seems to appeal to you to make yourself a part of it, declare, "*I am for peace*." External argument does not weaken the challenge of this Biblical affirmation. We would be weak indeed if we felt that we were to take a stand for peace only when things about us are peaceful or when taking the stand

for peace is altogether an easy matter.

What if another person is unjust and unkind to you? Are you to take a stand for injustice and unkindness and retaliate? Must you sponsor the cause of peace at all times? If you take the stand for peace, are you to retain the stand in the face of situations antagonistic to peace?

The antagonistic situations that you encounter are attracted to you either because of your antagonistic frame of mind or because they come to you to be handled by your peaceful methods. You can readily tell by the attitude of your mind which is the case. If you are antagonistic, pugilistic, and warlike in your thought, you cannot hope to change that sort of condition in your world until you become harmonious and peaceful.

The individual who naturally and subconsciously reacts to situation by an attitude of peace is usually envied by his friends. While they fume, rage, and boil, he is calm and collected and peaceful. Their argument for combativeness finds no response in him. He has taken his stand for peace and God stands with him.

If your stand is for peace, you must be immovable in your decision. You must think always in terms of peace. You must be unshaken when all about you is the argument against peace. You must stand for peace when there seems to be every reason for you to abdicate the throne of peace. You must realize that Christ is with you and that through His influence you are being inspired to take your stand for peace.

Are we referring to taking a stand for peace in time

of world wars? Not altogether. Nearer home come inharmonious situations in the home, personal relations between friends and business associates. The individual who cannot handle little personal situations in his own home life would be of small service in trying to settle international complications.

If you would be peaceful, you must keep your mind upon peace. You must think peace when there seems to be every reason for you to be combative. Your stand for peace must be unshaken. Your world must be a world of peace even though the world about you seems to be in the throes of war.

The study of practical Christianity usually makes the student peaceful. Certainly his reactions to situations in life are more peaceful than the reactions of those who have not found their indwelling Lord. Surely the presence of Christ in the midst of us gives us an assurance of peace that nothing else can give. Were we always to keep our attention on Him, nothing but peace would ever enter our lives.

Would you be peaceful at heart? Then find the presence of Christ within you. Do things of the world about you seem to keep you from being peaceful? Then center your thought upon Christ. Keep out of mind those thoughts which seem to argue against peace. Be for peace. In your mind's eye see the prevalence of peace as the coming of Christ into manifestation and visibility. Behold His world of peace now becoming visible through the disappearance of a world of war and hate.

HAPPINESS

CLARENCE EDWIN FLYNN

One tried his best to hoard it
For his own use alone.
Despite his locks, one morning
He arose and found it gone.

One hid it in a napkin.
He dug it up one day
Only to find his treasure
Had rusted quite away.

One planted it and tended
The crop. Though it was small,
It brought forth such abundance
He could not use it all.

One gave away his portion
One day when Need passed by,
And kindly Life returned it
Redoubled in supply.

THURSDAY, AUGUST 1

Through the consciousness of the freedom of Christ in me I am free from all bondage.

WHEN you feel that you are in bondage to persons, things, and situations, turn in thought to the presence of Christ. Cease to believe in bondage and believe in the Truth of Christ, the truth about your perfect freedom. Give up the belief in bondage for the truth that through Christ you are in all ways free.

Those who believe in bondage have not found Christ. Their bondage results from their belief in the power of persons and external things. They are not free, because they believe themselves to be enslaved to things of the outer world.

The message of Christ is the message of freedom from sin, evil, fear, disease, adversity, and failure. When we accept this message we cannot be in bondage. When we believe in Christ, His omnipotence and omnipresence, we cannot believe in bondage to things.

Freedom primarily comes into consciousness as the realization that there is nothing in all this universe to put us in bondage. We first have a consciousness of freedom, then find that in our outer relations with persons and things we are free. We discover that nothing can bind or enslave us when we know the truth.

For freedom did Christ set us free.—GAL. 5:1.

FRIDAY, AUGUST 2

The peace of Christ in me causes me to realize that my whole world is at peace.

DO YOU turn often to the peace of Christ within you? Do you realize that your world becomes one of peace when your consciousness is peaceful? Have you discovered that inharmony cannot exist in your world when your thought is upon Christ, the presence of peace within you?

Today if some situation arises that appears to be a source of inharmony, meet it through the realization of peace. Transform such a situation into a peaceful one. Enter that high consciousness in which you know that Christ prevails in your world as omnipresent peace.

Fill your mind so full of peace that there is no room for a thought of inharmony. Become so much at peace with the presence of Christ that there can be no presence of inharmony in your world. Through identifying yourself with peace you can no longer be identified with inharmonious conditions.

The peace of Christ is the peace of heaven brought into your life to free you from inharmony and chaos. Heavenly peace prevails throughout your world, but you cannot participate in it unless your thought is peaceful. If you are not peaceful in the inner recesses of your mind, you will fail to be conscious of the prevalence of the peace of Christ.

Peace be multiplied unto you.—DAN. 4:1.

SATURDAY, AUGUST 3

I am no longer afraid. The courage of Christ in me makes me ever courageous.

ARE YOU fearful? Do you lack courage? Have you found the presence of Christ within you? Do you know that when you meditate upon your indwelling courage, the presence of Christ, you cannot be fearful?

Do not think of fear as coming from God or that it is God-given. Fear comes from failure to realize that Christ is within you. You fail to identify yourself with His presence and courage and instead identify yourself with something of the exterior world that seems more powerful than you are. You need to reverse the process. You need to know that things external to you are not more powerful than the presence of Christ within you.

The courage of Christ is mighty to help you through any situation. You cannot be timid and afraid, you cannot have an inferiority complex, you cannot feel subservient to other persons, when you know that Christ exists within you as your inherent courage.

Be not afraid. No longer fear persons and things. No longer believe that things of the world can harm you or retard your progress. Exchange your fear thoughts for Truth and the courage of Christ. Give up fear and become courageous with the courage of Christ.

God gave us not a spirit of fearfulness; but of power and love and discipline.—II TIM. 1:7.

SUNDAY, AUGUST 4

The justice of Christ established in my consciousness frees me from all injustice.

HAVE YOU found the antidote to injustice? Have you discovered that you have within you that which is mighty to neutralize all injustice? Do you know that you cannot deal unjustly with others, you cannot be unjustly dealt with, when you are established in the truth of the justice of Christ.

When you enthrone Christ as justice in your consciousness, you establish yourself in justice. You make yourself impervious to injustice. You cannot be dealt with unjustly when your consciousness is one of justice. You cannot attract injustice to you when you live in the realization that Christ is within you as the power of justice.

Situations involving injustice can arise only through our failure to maintain the justice consciousness. When we deal unjustly with others we lay ourselves open to being dealt with unjustly. The reason for this is this: We put injustice uppermost in consciousness and it attracts the same injustice to itself that we have exercised in dealing with others.

Live today in the realization that Christ is uppermost in your consciousness as perfect justice. Deal justly with all persons at all times.

There is no God else besides me, a just God and a Saviour.—ISA. 45:21.

MONDAY, AUGUST 5

Giving up adverse thoughts, I cause my mind to conform to the mind of Christ.

CLEAR your mind of all thought of fear, sin, evil, hate, adversity, disease, and lack. Keep out of mind every thought contrary to the mind of Christ. Think Christward and think Truth. Unify yourself with the thoughts of Christ.

In Truth there is only the mind of Christ, that mind or consciousness in which are found thoughts of Truth, peace, love, joy, health, and plenty. Man has power to think contrary to this mind, but he does not have power to impart trueness to his thoughts. The so-called mortal or carnal mind is made up of those thoughts which man thinks that are contrary to the one mind of Truth.

Even as there is but one Christ, so is there but one Christ consciousness, one mind of Truth. Our task in the study of practical Christianity is to discover this mind and keep ourselves in touch with it. We are to think the thoughts of Truth, the thoughts of Christ. We are to keep ourselves established in His consciousness and to react to all situations in our life from the standpoint of His consciousness.

Live today in the realization that you are consciously and inseparably identified with Christ's thoughts.

Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto Jehovah.
—ISA. 55:7.

TUESDAY, AUGUST 6

I am now freed from all habit of impatience. Through Christ I am patient in all situations.

THE PATIENT man is one who has found Christ within him and who leaves all situations to Him.

He has found that he need not be restless and concerned about his affairs. He has found that his consciousness of the presence of Christ, his identification with His patience, frees him from the habit of impatience.

When you find yourself becoming impatient, turn to Christ. Cease being concerned about the things that make you impatient. No longer become impatient because things in your life are not regulated according to your personal ideas. Your good will not be delayed if you trust in Christ. Nothing can keep your good from you if you patiently trust in Him.

Reach the confident assurance that all is well. Do not believe that any power in all the world can thwart your good. Do not believe that some situation of adversity can arise before the salvation of Christ appears. When you are established in the Christ consciousness, the very power of Christ rushes to your aid when you are in need. You can see that you need not be impatient if you trust in Christ.

Be patient with yourself. Be patient with others.

Let patience have its perfect work.—JAMES 1:4.

WEDNESDAY, AUGUST 7

I am no longer in bondage to the past or the future. In Spirit now is the only time.

THOSE who think in terms of the past or of the future fail to enjoy the blessings of today. They do not seem to belong to the present time. They are akin to those who lived a generation ago or those who will come a generation hence. Today seems to mean nothing to them.

Do you expect your demonstrations of Truth to be made today? Do you anticipate receiving the blessings of heaven right now, or do you think of some time other than the present? As you gain in the realization of Truth you will discover that in Spirit the present moment is the only time that is real. All other "time" is but relative to it. The present moment is the time by which both the past and the future are measured.

Expect your good to come to you today. Do not try to live in the past or in the future. The good that will be delayed in reaching you until tomorrow is yours today if today you can reach the consciousness that brings it to you. Nothing but a lack in your consciousness can delay your good.

Live in the realization that at the present moment you are one with Spirit and its blessings. In Truth your good is now yours.

Redeeming the time.—EPH. 5:16.

THURSDAY, AUGUST 8

I am no longer worried or anxious, because I put my whole trust in God.

THE PERSON who worries does not trust God. He does not place himself and his affairs in the keeping of God. He becomes worried and anxious because he does not give God a place in his life. He worries because he believes that things of the world have more power than has God.

There is only one reason for worry—failure to take God into consideration. Were we always to give Him first place in our life, were we always certain that He was taking care of us, there would be no occasion for worry. We should not be anxious about the outcome of our affairs if we put our whole trust in God.

If you have something today that is worrying you, try the plan of casting your burdens upon the Lord. Give the matter that worries you entirely over to Him. Trust in Him to restore order in your affairs and to bring your good into visibility. Exchange the worry thought for one of trust. Be assured that God will take care of you and your affairs much better than you can through a worrisome state of mind.

Rest in the confidence that your affairs are in God's keeping. Be assured that all will be righted in your life and that good will prevail.

Casting all your anxiety upon him, because he careth for you.—I PETER 5:7.

FRIDAY, AUGUST 9

I no longer believe that I am under any adverse law. I believe only in God, the law of good, the principle of Truth.

DO YOU think of yourself as under some law of ill luck, misfortune, adversity, disease, or failure?

While such a law has no place in Truth, it may operate as law in your life if you give it power. Those who believe in adverse laws come under a certain adverse spell or influence because of the process of self-mesmerism to which they contribute their power. Failing to know this fact, they think that the power is inherent in a so-called law of misfortune.

Never acknowledge any law but the law of good. This alone exists in Truth. The law of good is the working of cause and effect in your life as to bring about your manifest, visible, and ultimate good. Being the law of God, it knows no rival and admits no so-called negative law as a competitor. In fact, evil has no basis in principle and hence is without foundation or background. Since there is but one God, there is also but one principle, the principle of Truth. God alone is identified with good, principle, and Truth and hence evil is lacking in principle or power.

Give your whole thought to one God, one law of good, one principle of Truth, and realize that naught can prevail against Him.

Thy law is truth.—PSALMS 119:142.

SATURDAY, AUGUST 10

*The idea of perfection implanted in me
at my creation now comes into visibility
as my perfection.*

DO NOT think of your imperfections or shortcomings. To do so is to bind yourself to that from which you hope to escape. Instead of seeing imperfection you are to behold the perfection of Christ within you. You are to behold Christ in you coming forth as perfect man. You are to see yourself as you are seen in the mirror of Truth. You are to know yourself as God knows you, whole and perfect.

Thinking and living contrary to God, you make of yourself something unlike that which God intends you to be. You see yourself as limited and imperfect and you come in time to believe that this is what you are in Truth. You think contrary to Truth when you see yourself as having shortcomings and as being something unlike the man of perfection that God beholds in you. You but caricature God's picture of perfect man when you think of yourself as falling short of this God-given perfection.

In Truth you are able to see God's pattern of perfection. As you develop in spiritual understanding, you find yourself more and more able to behold within yourself the Christ of God, the idea of perfect man as it exists in Divine Mind.

Thou wilt show thyself perfect.—II SAM. 22:26.

SUNDAY, AUGUST 11

The love of Christ in my heart now asserts itself and makes me loving under all circumstances.

THE LOVE of Christ is mighty to remove from your mind and heart every unloving thought. You cannot be unloving when you love Christ and when you realize that His love abides in you. You cannot think loving thoughts and think in terms of hate. If you truly love Christ, you will be loving toward all men.

Train yourself to react to all situations with love. Regardless of what the situation may be, you can be loving in your attitude toward it. You bring the power of Christ to bear upon a situation when you react toward it with love. If you react in an unloving way, you have nothing to aid you but your own personal consciousness.

Love will assert itself in your heart and in your consciousness when these are cleared of unloving tendencies. There is no room in the heart for anything unlike Christ, when He is enthroned there. There is no place for an unloving heart in him who desires to develop in Truth and to go the way of the loving Christ.

You glorify Christ when you turn to him in the spirit of love. You have power to increase your consciousness of love by keeping unloving thoughts out of your mind and by often thinking of Christ as abiding in you as love.

Abound in love one toward another.—I THESS. 3:12.



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NE BUT OURSELVES

Not ourselves can rob us of repose;
Inousness we stand invincible
At the onslights of man's common foes,
So rooted, wise in Principle.
Tides may come, and storms around us rise,
Aoe tried as vessels are at sea;
We as pilot, we shall reach clear skies,
At the harbor of Tranquillity.
We shall thank the love which tested us,
Ong our faith weatherproof and sound;
Aour strength grown great with courage, plus
To to aid the ones who stay fear-bound.
Afaith will rise triumphantly
To the waters of adversity.

—Eve Brazier; *The Reflective Moment*.



MONDAY, AUGUST 12

I no longer believe in the power of adversity. I place my whole faith in God the good.

WE QUICKEN our faith when we cease to believe in anything as the contrary of God and put our whole trust in Him. As we believe less and less in evil and sin, we come to have more and more faith in God, the real and the true. Our faith in God increases as we increase in the knowledge of Truth.

The difference in the progress of two persons is often a difference in what they believe. One person believes in failure and the power of opposition; the other person puts his trust in God and is successful because of his faith. He succeeds because his mind is free from belief in failure and established in the understanding that God is his indwelling power to succeed.

The invalid, believing in the power of disease, sees disease become manifest in his life. When he learns to have faith in God as his health, he finds that he believes less and less in disease, which being no longer sustained by his belief, finally disappears from his body.

We place our whole faith in God when we know the truth that He is all in all. We weaken our faith when we believe in sin, evil, fear, disease, and failure.

Blessed is the man that maketh Jehovah his trust.

—PSALMS 40:4.

TUESDAY, AUGUST 13

Conscious of my unity with God, I abide today in a state of prayer.

HAVE you realized that when you pray you become conscious of your unity with God? Do you know that prayer is the means whereby you can identify yourself with God and find your eternal oneness with Him? Prayer brings us into the knowledge of our inseparable interrelation with the Father, our creator and sustainer.

Do not think of prayer as an attitude of mind in which you beg for something from God. When you ask or invite God to manifest Himself in your life, your attitude is positive, prayerful, and affirmative. You invite Him to come into your life and make yourself receptive to your holy quest.

Prayer is spiritual realization. We realize that in Spirit we have that which we seek and desire. We know that our good cannot be denied us or kept from us. We find that through prayer the invisible good becomes visible, our ideals are made real. The intangible good becomes tangible when we touch the presence of God in prayer.

Let today be a day of prayerful realization to you. Realize that through your prayer some good that you seek and need will be made visible to you today.

Ask, and it shall be given you; seek, and ye shall find.—MATT. 7:7.

WEDNESDAY, AUGUST 14

Abiding in the consciousness of my oneness with God, I identify myself with all good.

THINK OFTEN of your oneness with God, because through Him you identify yourself with His goodness in many forms. Being conscious of the presence of God, you become conscious of the presence of all good. Unifying yourself with God in consciousness, you unify yourself with tangible and visible good.

This lesson in unity turns us to the Spirit of God within us through whom we are directed to manifest good. We separate ourselves from sin and evil when we unify ourselves with God.

In God's world of eternal unity man is never separated from Him or from His goodness. Through his knowledge of Truth man finds that he is one with good wherever it is found. He discovers that in Truth he cannot live apart from God. Only by his ignorance of Truth can he keep himself away from the blessings of God. Only by believing that something has power to separate him from God can he experience that which he thinks of as being apart from God. God cannot be afar off when man realizes the power of the mighty truth of his eternal oneness with God.

There is one body, and one Spirit . . . one Lord, one faith, one baptism, one God and Father of all.—EPH. 4:4, 5.

THURSDAY, AUGUST 15

This day I am lifted out of and above all limitation and negation. I am exalted to the presence of God.

ARISE to the consciousness that in Truth you live with God. No longer live in the thought that you belong to things earthy or to limited conditions. You cannot be cast down when you realize that the Spirit of God ever lifts you up. You cannot be debased when you are conscious of your exaltation through the presence of God.

If you would be lifted up, lift your vision. Turn your eyes to God if you would be exalted. No longer believe or claim that things of the world can keep you from experiencing spiritual exaltation. Do not think of persons, things, or circumstances as having power to cast you down. In God there is always lifting up. With your eyes turned to God, you will behold yourself exalted in His presence.

As you are lifted up today, realize that you will never again allow yourself to drop from this high consciousness. Resolve to live hereafter in the presence of God. Be determined to stay in a state of exaltation and ecstasy that you may eternally know God in His fullness.

God in the midst of you is mighty to lift you up.

I know a man in Christ . . . he was caught up into Paradise, and heard unspeakable words.—II COR. 12: 2, 4.

FRIDAY, AUGUST 16

The Truth of Christ now implanted in my consciousness frees me from all that is untrue about me: evil, sin, fear, disease, and failure.

TAKE THE TRUTH of Christ as your standard of thinking and you will see that much of what you are thinking about yourself and life does not measure up to the standard. Believing that health is true of you, you will see that disease cannot be true. Knowing that success is your birthright in Spirit, you will realize that failure and lack cannot be true of you.

Evil is untrue about God's perfect man because it has no place in God's Truth about man. That only can be true of man which is true of God's idea about him. Anything is untrue of man that is not true of him as he exists in the sight of God, the absolute.

That which is not true of man in Spirit often seems quite real to him until he comes into an understanding of Truth. Surely, disease and pain are most real and true to the invalid who experiences them. They cease to be real and true to him when he realizes the truth about his health in Spirit.

We should cling tenaciously to Truth in order to come into those blessings which belong to us.

When he, the Spirit of truth, is come, he shall guide you into all the truth.—JOHN 16:13.

SATURDAY, AUGUST 17

*The joy of Christ within me now fills me
with joy and I am joyful in every
situation.*

WITH YOUR heart filled with joy, you cannot be sorrowful or depressed. Conscious of the presence of Christ in your heart, you are no longer conscious of anything as having power to depress you. Your heart becomes a source of joy when you turn to it, knowing full well that Christ abides in you as a wellspring of joy.

Why do you become sad? Because you lose sight of Christ, the source of joy within you. Why do you become depressed? Because you believe that persons and things of the world have power to depress you. When you turn to Christ and His joy, you turn from the belief that external things can affect your joy. As you meditate upon Christ within you, you become conscious of Him.

When you think that your joy comes from the world about you, you place yourself in a position wherein you are affected by things of the world. If you think that your joy comes from an external state of affairs that can produce joy, then you also realize that your joy fails to come to you if the external state of affairs is reversed. You can see that you can live in a constant state of joy only by being conscious of your unity with the joy of Christ's indwelling presence.

Thou hast put gladness in my heart.—PSALMS 4:7.

SUNDAY, AUGUST 18

God, the good, is now enthroned in my consciousness and I live in a world of good.

CEASE thinking of evil. No longer relate yourself to that which you do not want in your life. Cease to think of evil as having place or power in your affairs. Evil has neither presence nor power in the world of God, the world of Truth. In the omnipresence and omnipotence of God there can be no place for evil.

Meditate often upon the good. Think of the good as occupying your whole world to the extent that evil can find no room in it. As you meditate upon the Spirit of God within you, you will discover that God is all in all in your life. You will find that your world in Truth is filled with the presence of God.

All good emanates from God. When we feel that we need more good in our life, we have but to turn to God in order to know more of good. We have but to think less of evil and to give our whole attention to good. We discover that we cannot serve two masters. We cannot believe in the presence and power of evil when we know the truth about the all-pervading presence and power of God.

Keep God enthroned in your heart.

Ob give thanks unto Jehovah; for he is good.
—PSALMS 118:1.

MONDAY, AUGUST 19

The light of Christ now shining in my consciousness illumines and inspires me.

YOU HAVE at the heart of your being that which makes you wise and intelligent. The Spirit of Christ inherent in you is the source of your illumination. When you know that you are one with Christ and His light, you cannot think of yourself as ignorant or as lacking in any information that you seek or need.

Think often of the Christ of God as your light. Be willing to follow Him. Be ready to obey His instructions and leading. Give up your personal feelings and desires if they conflict with the leading of Christ. Follow no light but His.

When you need to know something, turn to Christ. Rise out of the belief that you do not know, that you are ignorant, in the dark. Realize that the most normal condition is for you to be guided and directed by divine intelligence. As you think more and more of yourself as being one with Christ, you will see that you share in His wisdom and intelligence.

The light of Christ ever shines at the heart of your being. It is the light that illumines you when you seem to need illumination. It is the light that scatters darkness from your consciousness. Abiding in this light, you cannot lack wisdom.

Jehovah will be thine everlasting light.—ISA. 60:20.

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

August 20 to September 19

Illumination

A constant stream of light flows into my mind because I am unified with the Father of light and perfection.

Healing

In the name and by the power and authority of Jesus Christ I am made every whit whole.

Prosperity

A stream of prosperity perpetually flows in and through me because I acknowledge Thee as the source of my good.

TUESDAY, AUGUST 20

*Christ within me is a healing presence
and power and no disease can exist in me
where Christ now abides.*

IF YOU want to be healed of some disease, turn your thought away from it and think of Christ as abiding within you as a healing presence and power. Think so much and so often of Christ that no belief contrary to Him, no thought of disease, can exist in your consciousness. Become so absorbed in believing in Christ as your life, health, and strength, that you cannot believe in disease.

As we think of the presence and power of Christ as the presence and power of health, we find that we no longer sustain disease by believing in it. We cease to give thought substance or reality to disease when our whole attention is engrossed in thinking Truth and meditating upon Christ as our health.

The belief in disease that men entertain disappears from mind and body when they understand the truth that Christ within them is healing power. Men cannot experience disease when they accept Christ as their life. They cannot support disease when they give their entire mental support to thinking of Christ.

Within you is healing power, Christ. Within you is the very source of health.

I will take sickness away from the midst of thee.
—EXOD. 23:25.

WEDNESDAY, AUGUST 21

God prospers me with rich ideas through which my prosperity becomes visible and tangible.

THE RICH ideas that God gives us through spiritual consciousness link us with our prosperity.

The prosperity consciousness we receive from Him identifies us with tangible and visible riches. Our prosperity thoughts reveal to us our prosperity.

If you do not enjoy manifest prosperity, look to your thinking. Are you thinking in terms of lack or in terms of the truth about God as the source of your prosperity? Have you discovered that God is your substance, supply, and support? Have you ceased to look to material things for support and turned to God? Are you enjoying the riches of His kingdom of plenty?

The prosperous person thinks in terms of prosperity. Those who do not know this think that he thinks of things alone. Primarily his prosperity comes from his prosperous thoughts. In his consciousness there is no place for any thought of lack or failure.

If you would succeed, think in terms of success. To be prosperous replace thoughts of lack with thoughts of plenty. Keep prosperity and success uppermost in mind if you would be prosperous and successful. No longer have gods or devils of failure.

*God, who giveth us richly all things to enjoy.—
TIM. 6:17.*

THURSDAY, AUGUST 22

Christ within me is the source of life and through Him I am filled with bountiful life.

CHRIST lives within us. His life purifies, animates, vitalizes, and energizes us. When we seem to lack life, we are lacking in the consciousness of our oneness with Christ and His life. Failing to think of Him and to identify ourselves with Him, we think of ourselves as not having life.

The fountain of life within us ever pours out its energizing life. We are alive because Christ in us is alive. We turn to Him and He fills us from His overflowing store of life. Our weariness or exhaustion disappears when we realize that in Him we are ever alive.

When we were created there was placed within us that wellspring of life to which we can turn without fear of exhausting it. We turn to Christ in order to share in His life and become every whit alive. We feel His energy flowing to every part of our being and we realize that He lives within us as our own inexhaustible life.

Are you alive in Christ? Have you learned to turn to Him many times a day and feel His energizing presence? This modern existence makes many demands upon us, and we can meet them only by having sufficient life and energy to pass the test.

With thee is the fountain of life.—PSALMS 36:9.

FRIDAY, AUGUST 23

Christ in me is never offended, consequently I am able to forgive easily and thoroughly.

ARE YOU easily offended? Are you readily disturbed by what others say or do? Do you have difficulty in erasing from mind the memory of an offense? Have you not learned how to forgive? Through the study of Truth, you will discover that you cannot be offended, that you cannot carry the memory of a wrong in mind, that you cannot refuse forgiveness, when you know Christ.

When you cannot decide whether you should forgive some one, refer the matter to Christ. Cease to try to forgive from your personal point of view. Let Christ bring to bear His power to forgive. He who is never offended, who never harbors the memory of a wrong, forgives readily and thoroughly. When Christ forgives, the matter is wiped clean from your mind.

If you will lose sight of personal self, if you will forget self and turn to your Christ selfhood, forgiveness will come easily. When you let the Christ in you greet the Christ in the person who you think has offended you, you rise above personal consciousness. Forgiveness cannot be delayed when you let Christ do His perfect work.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—MATT. 16:19.

SATURDAY, AUGUST 24

*I no longer condemn myself or others.
In the knowledge of Truth there is no
condemnation.*

DO YOU have the habit of condemning yourself or other persons? Do you realize that every time you indulge in condemnation you increase in condemnation? Through condemning others, you build up a consciousness that in turn attracts condemnation to you. The reason is that the same consciousness both "sends out" and "attracts," and it tends to attract the same things that it sends out.

If you are often condemned, you may know that you have built up a consciousness of condemnation. You have done this by often condemning other persons. A knowledge of the Truth of Christ, love, and justice will free you from the habit and from the consciousness.

There can be no condemnation to you when you are established in Christ. Christ in you will never prompt you to condemn another. Christ in you will never build up in you a consciousness of condemnation. You will be free from condemnation, free from sending forth its thoughts and words, free from drawing to yourself personal condemnation.

No longer believe that you are justified in condemning any one. No longer disregard Christ within you.

*There is therefore now no condemnation to them
that are in Christ Jesus.—ROM. 8:1.*

SUNDAY, AUGUST 25

Christ in me is my innate power to accomplish whatever I undertake to do in His name.

CHRIST in you is power. He is your indwelling power to think Truth, your power to heal, your power to succeed. He is that power which brooks no interference, the power that knows no rival or opposition. When your thought is upon Him, you cannot believe in the so-called power of ignorance, fear, disease, and failure.

The student of Truth comes to recognize Christ as the only power. He cannot believe in other powers—evil, sin, fear, disease, and lack—when he realizes that in Truth Christ is omnipotent. Adversity in its many guises can have no power in our consciousness when we realize that Christ is the one power in Truth. Nothing negative of Truth can have power when we are affirmative toward the one power.

"Does not disease have power?" you may ask. It has power only to the one in the disease consciousness. It has power to the person who in ignorance of Truth gives it the power of his own thought substance. He proves its powerlessness when he realizes through the consciousness of health that only health has power in his life.

The God of Israel, he giveth strength and power unto his people.—PSALMS 68:35.

MONDAY, AUGUST 26

My body is the temple of God, filled with His presence of peace, life, and strength.

NEVER condemn your body. Do not think of it as diseased or weak. See it from the standpoint of Truth and recognize it as God's holy temple. Know that God's presence fills this temple and that through Him your body is filled with peace, life, and strength.

Those who do not recognize the body as the temple of God fail to recognize it as a temple of health. They are inclined to think of it as a temple of disease, germs, and unholiness. They think of disease as naturally inhabiting in their body. They must be re-educated to the point of beholding their body as a temple of God—clean, alive, and healthy.

A study of the Bible reveals to us that our body is God's temple. Paul teaches this. He alone of all the Biblical writers gives much thought to the body. We link him and his writings with modern metaphysical teachings quite easily.

Henceforth know your body as God's temple. Dismiss out of mind any thought contrary to this truth. Think of God as inhabiting your body and as filling it at all times with His presence.

The temple of God is holy, and such are ye.—I COR. 3:17.

TUESDAY, AUGUST 27

Turning to Christ within me, I give up every thought of mental or physical tension, relaxing and resting in His presence.

ARE YOU inclined to become tense over situations of the day? Do you entertain hard and heavy thoughts and find that your mind becomes tense through such thinking? If you are tense physically you may know that you have in mind tension-producing thoughts.

Learn to relax in mind and thereby assure yourself of physical relaxation. You cannot have tense nerves and taut muscles when you have in mind naught but harmonious thoughts. Again, you cannot relax your body if you keep tense thoughts in mind. Many persons do not know this and try to relax physically without getting rid of the cause of tension in their mind.

Practice relaxing in mind and in body several times a day. If you have work to do, you will find that you can do it much easier if you approach it after a period of relaxation. Learn to eject from mind any thought that makes you tense. Refuse to entertain any belief that will make your mind and your body tense and taut.

The presence of Christ within you is always the presence of peace and harmony.

Ye shall find rest for your souls.—JER. 6:16.

WEDNESDAY, AUGUST 28

In the stillness of Christ within me, I am still and quiet.

WHEN things of the world about you seem to disturb you, when the noise of external things seems to irritate you, turn to the stillness of Christ within you. Turn to the very presence of quietness. Christ will share His stillness with you. Your soul will be refreshed by partaking of Christ's presence of stillness.

In the quietness of Christ's presence, there is no noise, disorder, or confusion. His presence is always restful. We become quiet and still when we find the presence of Christ. Nothing of the world about us can disturb us when we rest in Him and in His quietness.

The world about us has no influence upon us when we discover that we can turn from it and rest in His stillness. We find that we can become still even in the face of disturbing conditions. Nothing in all the world can keep us from turning to Christ and making ourselves one with His presence. Nothing can keep us from becoming one with His quietness and stillness.

Let us rejoice today that we have found Christ and that through Him we can become still at any time and under any conditions.

Take heed, and be quiet.—ISA. 7:4.

THURSDAY, AUGUST 29

The path to take is now revealed to me and I go the way of Christ, the way of peace and plenty.

WHEN we go the way of Truth, our path is attended by the very spirit of peace and plenty. When we follow some path contrary to Spirit, we find that we have chosen a path of sacrifice, difficulty, and defeat. We can see that we must go the way that Spirit has chosen for us in order to be assured of Spirit's blessing.

Do you have difficulty in choosing your way? Do you often find that you are at the crossroads and unable to tell which way to go? In Spirit there are not two roads, there is only one. You need only be willing to be led spiritually in order to know which road to take. The road that Spirit reveals to you is certain to bring you a spiritual blessing.

Christ's way is the way of light, peace, love, life, and plenty. We find Him with us every step of the way when we go with Him. He helps us to make our decisions and to select the way that will bring us to heavenly blessings. He reveals to us the good that we seek, and we find it upon the path He chooses for us.

The highway of the upright is to depart from evil: He that keepeth his way preserveth his soul.

—PROV. 16:17.

FRIDAY, AUGUST 30

*I have confidence in myself and in God
in the midst of me.*

THOSE WHO lack confidence have not found God. They have not found that inner security which steadies and establishes them. They lack the inner assurance that a consciousness of God's presence gives them. The self-confident have identified themselves with the higher self in them and through it have become confident of themselves.

Have you discovered the connection between confiding in God, drawing near to Him, and having confidence? Do you not see that when you lack confidence you fail to sense God's presence? When you try to stand alone, apart from Him, you find drawing near to Him very difficult. If you neglect to confide in Him and unify yourself with Him, you have to stand alone and without the inner stability that His presence can give you.

Confidence in God gives us confidence in ourselves. We find that when we rely upon God we have no difficulty in relying upon ourselves. Realizing that He is ever with us, we cannot be timid or lack courage. His presence bestows confidence upon us. We feel that we have a power stronger than our own.

When we live in the presence of God, we are always confident, trustful, courageous, triumphant.

Jehovah will be thy confidence.—PROV. 3:26.

SATURDAY, AUGUST 31

My every thought is now directed to the presence of Christ, the kingdom of heaven within me.

REGARDLESS of the condition of things of the world about us, we always have recourse to heaven within us. This is the indwelling presence of Christ. We can readily turn to this heavenly kingdom when we tire of things of the world. We can transform the world only through first gaining the heavenly consciousness.

Let us think of heaven as that which results from the perfect harmonious consciousness. We readily think of heaven as a realm in which all things are in right and proper relation. To us heaven is a realm in which adverse thoughts are excluded and only peace and love and justice reign.

You can be assured of living in heaven if you guard your thoughts and see that they are heavenly. You can enter heaven by no other route. You can remain in heaven by no other means. Heaven is gained only as a reward for spiritual thinking and living.

Think of heaven as something to be enjoyed here and now.

The kingdom of heaven is at hand.—MATT. 4:17.

(Unless otherwise credited, all Bible quotations are taken from the American Standard Version, copyright, 1929, by the International Council of Religious Education.)

God Has Need of You

- You may feel that your capabilities are small, that there is little you can do for God. Remember this—no matter how limited you may feel yourself to be, God has need of you. Your part may be to help spread the gospel of Truth, to show others how to come from darkness into light. What more important work than this?
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I FOUND LOVELINESS TODAY

I found loveliness today
Down along life's broad highway;
Saw its beauty in the trees,
Heard its whisper in the breeze;
Listed it in songbird's trill,
Then again in flowing rill.
Felt its warmth in glad sunshine,
Rhythm caught in swaying pine—
All along life's broad highway
I found loveliness today.

I found loveliness today
Down along life's broad highway;
Beauty saw in pastures green,
Next in clouds of silvery sheen,
Golden glow at break o' day,
Joy in children at their play;
Scented odor of wild rose,
Peace I found where violet grows—
All along life's broad highway
I found loveliness today.

—Carleton Everett Knox.

